

# ADULT SPORTS

## Tennis Lessons (4 Classes)

Enjoy top-flight instruction from the staff of Stanford University's Tennis Coach John Whitlinger and USPTA Professional Tom Sarsfield. Six hours of instruction for adult/youth classes of four to eight students. Classes of two students will be converted into four one-hour lessons. In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) due to postponement (i.e. rainouts) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion.

### Novice:

For beginners and advanced beginners. Learn simple and efficient techniques to develop dependable strokes that will enable you to enjoy tennis and continue to improve after class. Student(s) should repeat this class level until the instructor recommends advancement.

### Low Intermediate:

For those who can rally consistently but lack depth and placement. Emphasis on stroke fundamentals and basic strategy.

Ages 9-over (see below).

Cost: \$68 Resident, \$83 Non-resident

Location: San Bruno City Park Tennis Court #1

Instructor: Whitlinger Tennis Staff

Day: Sat (see below for times)

5402.301	Sat	9-10:30am	6/23-7/14 Novice (15-over)
5402.302	Sat	10:30am-12pm	6/23-7/14 Low/Int (15-over)
5402.303	Sat	2-3:30pm	6/23-7/14 Novice (9-14yrs)
5402.304	Sat	3:30-5pm	6/23-7/14 Low/Int (9-14yrs)

5402.305	Sat	9-10:30am	7/21-8/11 Novice (15-over)
5402.306	Sat	10:30am-12pm	7/21-8/11 Low/Int (15-over)
5402.307	Sat	2-3:30pm	7/21-8/11 Novice (9-14yrs)
5402.308	Sat	3:30-5pm	7/21-8/11 Low/Int (9-14yrs)

## Private Tennis Lessons

Are you having trouble with your backhand or do you want to develop more topspin on your forehand? Learn new strokes or improve your old ones through individualized lessons based on your needs. For all ages, beginners to advanced. Call the tennis instructor at (408) 745-6171 to make arrangements. All checks payable to the "City of San Bruno". Check should be given to the instructor at the time of your lesson.

Instructor: Stanford Coach John Whitlinger & USPTA Professional Tom Sarsfield's staff

Location: San Bruno City Park Tennis Court #1

Fee: \$50 Resident, \$63 Non-resident (per hour),

\$135 Resident, \$150 Non-resident (three one hour lessons)

(Add \$5 per hour for an additional person)

Code: 5402.311 (per hour) 5402.312 (3 hours)

**New!**

## TAE BO Fitness (6 Classes)

This innovative program teaches the tried and true TAE BO techniques and now goes to a new level. Amazing new workouts are fun, fast and effective! Peter, personally trained by Billy Blanks, will guide and inspire you through your weight-loss plateaus and boost your metabolism for amazing results. TAE BO is the hottest fitness phenomenon and most complete workout system yet. Millions of people including athletes and celebrities have seen the benefits of TAE BO. Now its here for you in San Bruno! "Motivation is temporary, but inspiration can last a lifetime", Peter says. No class 7/4.

Cost: \$72 Resident, \$87 Non-resident

Location: Dojo USA, 731 Kains Avenue, San Bruno

Instructor: Peter Johnson, Billy Blank's Tae Bo Certified Instructor

Day/Time: See below

5418.301	M	6/25-7/30	6:15-7am
5418.302	M	6/25-7/30	7:30-8:30pm
5418.303	W	6/27-8/8	6:15-7am
5418.304	F	6/29-8/3	6:15-7am
5418.305	F	6/29-8/3	6:30-7:30pm

## Classic Boxing Workout

### Boxing Skills/Strength & Cardio Conditioning (Non Contact) (5 Classes)

Start with basic flexibility. Learn fundamental stance, footwork, and striking technique. Learn to properly shadowbox transferring skills to light and heavy bags for a super cardio total body workout. Further sharpen skills with the use of punch mitts and punch shields. Introduction to interval training and various calisthenic and plyometric exercise routines. For strength and conditioning the use of medicine balls, stability balls, dumbbells, flex tubing, jump ropes etc. will be utilized. Finish with cool down/advanced flexibility. Note: Students must purchase handwraps. A lab fee of \$35 is payable to the instructor the first day of class. Classes held at Bellafatto Gym, 1111 Arguello St, Redwood City. Ages 16-over.

Cost: \$39 Resident, \$49 Non-resident

Lab Fee: \$35 payable to instructor

Location: Bellafatto Gym, 1111 Arguello Street, RWC

Instructor: Nick Bellafatto

Day/Time: Tues., 6:30-8pm, Sat., 10:30am-12 Noon

5417.301	T	6/19-7/17
5417.302	Sat	6/23-7/21
5417.303	T	7/24-8/21
5417.304	Sat	7/28-8/25

# ADULT ENRICHMENT

## Pilates (5 Classes)

Feel taller, stronger, and energized all summer long through Pilates! In this mixed-level mat class you will tone and strengthen your "core" — the abdominals, gluteal, and postural muscles — while increasing your flexibility. You will develop greater body awareness as you learn how to align your body and use breathing cues to enhance the effectiveness of the movements. No prior experience is necessary. Please bring a towel or mat. It is best not to eat prior to class. Ages 15 and over.

Cost: \$43 Resident, \$54 Non-resident  
Drop In: \$10 Resident, \$13 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Stephanie Funk  
Day/Time: Mon., 6-7pm  
5610.301 M 6/18-7/16  
5610.302 M 7/30-8/27

## Aikido For Beginning Adults (Coed) (12 Classes)

Aikido is a Japanese martial art. The techniques of Aikido emphasize redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. In addition, Aikido is excellent means of physical exercise and an effective self-defense. Masatoshi Morita trained in Japan and holds a 7th degree black belt. Call (650) 345-1501 for information. No class 7/4. Ages 14-over.

Cost: \$90 Resident, \$105 Non-resident  
Location: Tanforan Professional Center  
Instructor: Masatoshi Morita  
Days/Time: Mon., Wed., Fri., 10-11am, Tues., Wed, Thurs., 7-8pm  
5406.301 MWF 6/18-7/16  
5406.302 TWTu 6/19-7/17

## Adult Intro to Ice Skating (6 Classes)

You can have fun learning how to ice skate while getting some exercise too! Basic skating skills will be covered in the six-week courses. Class fee includes one-half hour lesson, skate rental and practice time immediately following each lesson. Be sure to dress warmly and wear thick socks. Please be sure to arrive 20 minutes prior to lesson to check-in and get skates on. Ages 16-over.

Cost: \$64 Resident, \$79 Non-resident  
Location: Ice Center at San Mateo  
Instructor: Ice Center Staff  
Day/Time: Thurs., 7-8pm  
5400.301 Th 6/7-7/12  
5400.302 Th 7/26-8/30

## Women's Weight Training (16 Classes)

Whether you are 18 or 80, you never outgrow the need to exercise and stay fit. Strengthen, tone and shape your muscles through a variety of resistance training exercises. Workouts can be adjusted to fit your individual goals. This is a serious weight training and body building program and is recommended to anyone who is serious about getting and staying in shape. Class is limited to 22 students - so sign up early! Ages 18-over.

Cost: \$50 Resident, \$63 Non-resident  
Lab Fee: \$15 payable to instructor at 1<sup>st</sup> class  
Location: Recreation Center Meeting Room & Exercise Room  
Instructor: Kristin Allen  
Day/Time: Tues. & Thurs., 5:15-7pm  
5904.301 T&Th 6/19-8/9

## AM Yoga & Rhythm (8 Classes)

Men and women of all ages will benefit from easy and effective yoga postures in a non-competitive environment. No experience is required. We will begin warm-ups with movements to lively rhythms, followed by relaxation and stretching. Feel recharged in body, mind and spirit and take the energy into your daily life. Please bring a mat and an empty stomach to class. No class 7/4 & 7/18. Ages 15-over.

Cost: \$83 Resident, \$98 Non-resident  
Drop-In: \$12 Resident, \$15 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Monika Neal  
Day/Time: Wed., 10:30am-12noon  
5600.301 W 6/20-8/22

50+ Yoga Classes offered at the Senior Center. For more information see page 35 or call the Senior Center at 650-616-7150.

## Yoga (5/6 Classes)

Yoga means union and is designed to assist in integrating mind, body and spirit. Each yoga posture not only helps us to relax, strengthen and tone, but also aids in opening major energy centers. Over time, many of us build up and hold blocked energy within, creating tension, stress and disease, which limits us from vibrating at our highest level. Take time for yourself and join this non-competitive, relaxing and life-giving environment. No previous experience is necessary. Please bring a mat or towel. It is best not to eat prior to class. Ages 15-over.

Cost: \$68 Resident, \$83 Non-resident  
(Session 1), \$52 Resident, \$65 Non-resident (Session 2)  
Drop In: \$12 Resident, \$15 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Linda Russell  
Day/Time: Mon. 7:15-8:45pm  
5601.301 M 6/18-7/23 (6 classes)  
5601.302 M 7/30-8/27 (5 classes)

# ADULT ENRICHMENT

## Chinese Martial Arts Kung Fu (6 Classes)

Come challenge yourself physically and mentally as you learn this traditional form of Chinese martial arts. In this introductory class, students will learn fundamental building blocks that will help develop skills required in more advance levels of Kung Fu training. The student will learn the origin of Chinese Martial Arts, customs and philosophies, and in turn develop a respectful attitude toward others and themselves. Students will learn basic stances, punches, footwork, and practical self-defense techniques. Students will also learn a Northern Shao-Lin form. Uniform and equipment may be purchased from instructor. Students signing up for Beginner II must have completed the Beginner I class and permission from Instructor. Ages 6-over.

Cost: \$57 Resident, \$71 Non-resident  
Lab Fee: Equipment may be purchased from instructor

Location: Monte Verde School

Instructor: Robert Louie & Herb Leung

Day: Friday

Beginner I

5401.301 6:30-7:30pm 6/15-7/20

5401.302 6:30-7:30pm 7/27-8/31

Beginner II

5401.303 7:45-8:45pm 6/15-7/20

5401.304 7:45-8:45pm 7/27-8/31

## Drop In Basketball Mondays & Wednesdays

San Bruno's Gymnasium is located at 251 City Park Way  
(Participants must show proof of age by valid California ID or Drivers' License or School ID).

\$2 - Youth Open Play  
16 & Under  
6:30-7:30pm

\$4 - Adult Open Play  
17 & Over  
7:30-9:30pm

This schedule is subject to change for  
special events & holidays

## Exercise Room

The San Bruno Exercise Room is located at the front of the Veterans Memorial Recreation Center. The room is 625 square feet, has natural sun light, fresh air circulation, and new workout equipment. Featured equipment includes a Universal Weight Lifting Machine, Olympic bench press and free weights, exercycle, treadmill, Stairmaster, Smith Glide Machine, Leg Curl/Extension machine, and dumbbells. Users must register at time of first use and carry San Bruno issued I.D. Card whenever using the facility. Please note: only San Bruno residents over the age of 18 are permitted to use the exercise room. All exercise room hours are Coed. Gym is closed on Tuesdays and Thursdays from 5:15-7pm for class.

### San Bruno Residents Only

\$4 one day pass  
\$24 per month  
\$95 per 6 months  
\$10 per month Locker Rental

### Hours of Operation:

Monday-Thursday  
8:00am - 9:00pm  
Friday 8:00am-5:00pm  
Saturday & Sunday  
9:00am-1:00pm

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